

Employee and Retiree Service Center
The Bulletin—October 7, 2026

October Wellness Webinar—Understanding Energy, Macros, and Smart Food Choices

Calories play an important role in how we fuel the body, manage weight and support daily function. In this webinar, we will look at what calories actually are, why they matter, and how carbohydrates, protein, and fat each contribute something different to the body. It is not about high or low of any of the macros, but the right balance of all three. You will learn how to approach food with better awareness and balance—without falling into extreme approaches.

When: Thursday, October 29, 2026
Time: 12:00 p.m.

Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware News web page](#) and in the [Well Aware Wellness Toolbox](#).